

Ontario Beans

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Ontario

Ministry of
Agriculture
and Food

COVER RECIPE

Sherry Baked Beans

- 2 cans (19 oz each) beans with pork
- 1 medium onion, finely diced
- ½ cup brown sugar, packed*
- 1 tsp instant coffee
- ¼ cup water
- 2 tsp dry mustard
- ½ tsp salt
- 4 slices bacon, finely diced
- ¼ cup sherry

Alternate beans and onions in a 1½-quart casserole. Simmer sugar, coffee, water, mustard and salt for 5 minutes. Pour hot mixture over beans and stir lightly.

Sprinkle with bacon pieces. Bake covered at 350° for 30 minutes. Uncover and stir in sherry. Bake, uncovered, 20 to 30 minutes longer. Makes 6 to 8 servings.

**Note: If using beans canned in brown sugar sauce, the brown sugar may be omitted from the recipe.*

BEANS — A CANADIAN TRADITION

Beans, bear meat and maple syrup in a clay pot, baked slowly for hours in hot wood ashes, was a dish much favored by Canadian Indians. Recognizing a good thing, our early settlers adopted the hearty legume, and baked beans and brown bread became a Saturday night tradition. How about serving beans at your house this Saturday night?

BEANS — GOOD TASTE, GREAT FUN

Serve beans to company? Why not? A steaming pot full of flavorful beans will bring hungry pot-luckers or barbecue enthusiasts back for more. Or dress beans up with one of the recipe suggestions found in this booklet and serve them formally in your most elegant chafing dish. Birthday party beans bring cheers from the kids when they're served hobo-style right out of individual-sized cans. Whenever and wherever good friends get together, beans are the answer for a good time - everytime.

BEANS — ENERGY PACKED WITH GOODNESS

Beans are not wasted calories! For pennies a portion, beans supply hungry appetites with significant amounts of body-building protein, iron, calcium, phosphorous and thiamine. Canada's Food Guide boasts this fact when it recommends beans as an occasional substitute for meat and fish.

BEANS — A MEALTIME BARGAIN

Beans never break your budget barrier. Pound for pound, beans not only offer consumers a good meat substitute, they also provide an inexpensive source of vegetable protein. Put muscle into your food dollar . . . buy and serve beans often.

From the Farm . . .

Almost all of Canada's white bean crop is grown in southwestern Ontario. Most are canned, usually with the addition of a sauce and some meat like pork or wieners.

Into the Can . . .

Canned beans could be called the original convenience food. For decades homemakers have managed to put an appetizing, nutritious meal on the table in a matter of minutes, simply by opening and heating a can of beans. The sauce in which beans are packed may feature meat or tomatoes, be sweet or spicy. With a little imagination, a simple can of beans can become a personal culinary triumph by adding a variety of seasonings, vegetables, or meats.

For a quick lunch, serve cold canned beans with a side order of tangy coleslaw or sauerkraut, carrot or celery sticks, and sweet or sour pickles. Add hot brown bread, cornsticks or crusty rolls fresh from the oven, and there's a meal that will see your family happily through a busy afternoon.

At dinner or supper, beans make the perfect side dish to go with steaks, pork chops or spareribs or with everyday favorites, hamburgers and hot dogs.

Easy Ideas with Canned Beans . . .

Family-approved additions to simmered canned beans are a bit of brown sugar, a bit of mustard and catsup, and lots of chopped wieners. More adventurous cooks try substituting molasses, maple syrup, or marmalade for the sweetener; garlic or onion for the mustard;

Worcestershire, chili or barbecue sauce for the catsup; and browned ground beef, sausages or bacon for the wieners.

Delicious toppings for simple canned beans are miniature marshmallows, peach slices, french-fried onion rings, potato chips, cheezies or garlic croutons. Spread over beans in a casserole, heat through and eat heartily!

CANNED BEANS . . . PLUS

Easy Entertaining

Chili Bean Dip

- 1 can (19 oz) beans with pork, drained
- ½ cup shredded medium Cheddar cheese
- 1 tsp garlic salt
- 1 tsp chili powder
- ½ tsp salt
- dash cayenne
- 2 tsp cider vinegar
- 2 tsp Worcestershire sauce
- 3 slices bacon

Place beans in blender and puree (or beans can be put through a sieve).

Combine pureed beans with remaining ingredients except bacon. Heat in fondue pot or chafing dish. Fry bacon until crisp, drain, and crumble. Sprinkle over hot dip. Serve with corn chips or cocktail wieners.

Beans and Ribs

- 3 lb pork side spareribs
- ¼ cup vinegar
- boiling water
- 1 cup plum jam
- ½ tsp dry mustard
- ⅓ cup vinegar
- ½ cup soy sauce
- 1 can (19 oz) baked beans

Place ribs in pan. Add ¼ cup vinegar and enough water to cover. Bring to boil and simmer 20 minutes. Cool. Drain well.

Combine jam, mustard, ⅓ cup vinegar and soy sauce. Place ribs on broiler pan rack, brush with plum mixture. Bake at 350° for 30 minutes, basting often with sauce. Spread beans over glazed ribs and heat through (about 10 minutes). Makes 4 servings.

Note: The ribs can also be barbecued.

Submarine Beanwich

- 1 lb ground beef
- 1 onion, chopped
- 1 green pepper, seeded and sliced
- ½ tsp salt
- dash pepper
- 1 can (19 oz) baked beans, well-drained
- French stick (about 12 in long)
- Mozzarella cheese slices
- prepared mustard
- 2 tomatoes, thinly sliced
- 1 cucumber, thinly sliced
- 1 sweet onion, thinly sliced
- dill pickle slices

Brown ground beef. Add onion and green pepper and cook until tender. Drain off fat. Add salt, pepper, and drained beans and heat through.

Slice bread in thirds, lengthwise and butter each slice. Spread bean mixture on bottom slice of bread. Top with second slice. Spread with mustard, overlap tomato, cucumber, and onion slices on bread. Top with third bread slice and press down lightly. Garnish with dill pickle slices and cut in wide slices for serving. Makes 4 servings.

Beanburger

- ½ lb bulk pork sausage
- ½ lb ground beef
- 1 can (5½ oz) tomato paste
- ½ to 1 tsp oregano
- salt and pepper to taste
- 1 can (14 oz) beans with pork
- 6 hamburger buns, halved
- 1 cup grated Mozzarella or Cheddar cheese

Brown ground pork and beef. Drain well. Add paste, seasonings and beans. Heat through. Spread mixture on buttered hamburger buns. Top with grated cheese. Broil for several minutes, until cheese melts. Makes 12 beanburgers.

Undercover Casseroles

Ontario Bean Bake -

a bean contest prize winner

- 6 slices bacon
- 3 medium onions, chopped
- 1 medium green pepper, chopped
- 1 cup cooked ham, chopped
- 2 cans (10 oz each) tomato soup
- 2 cans (19 oz each) beans with pork
- 1 tsp Worcestershire sauce
- salt and pepper to taste
- 2 Tbsp brown sugar

Fry bacon until crisp. Remove from pan, drain and crumble. Sauté onion and green pepper in bacon drippings until tender. Combine bacon, onion, green pepper, and remaining ingredients in a 2-quart casserole. Bake at 350°, uncovered, for 40 minutes. Makes 6 servings.

Snappy Baked Beans

- 1 can (19 oz) beans with pork
- 1 Tbsp brown sugar
- 1 Tbsp catsup
- ¼ cup finely crushed gingersnaps
- 1 Tbsp chopped onion
- 2 slices bacon, diced

Sauté onion and bacon until cooked. Drain fat. Combine with remaining ingredients in lightly greased 1-quart casserole. Bake at 375° for 30 minutes. Makes 3 to 4 servings.

Chops 'n Beans

- 1 can (28 oz) beans with pork
- 3 tbsp dry onion soup mix
- ¼ cup brown sugar, firmly packed
- 1 Tbsp prepared mustard
- ¼ cup catsup
- 4 butt pork chops

Mix beans with soup mix, sugar, mustard and catsup. Brown chops in their own fat. Place two chops in a baking dish. Spread bean mixture over chops. Place remaining chops on top. Bake, uncovered, at 350° for 30 to 35 minutes. Makes 4 servings.

Hearty Fare

Bean Pot

- 3 slices bacon
- ½ cup celery, chopped
- ½ cup onion, chopped
- 1 can (19 oz) beans with pork
- 1 can (19 oz) tomatoes
- 2 cups water
- 2 beef bouillon cubes
- 1 bay leaf
- dash cayenne
- 1 tsp Worcestershire sauce
- 1 tsp basil
- 1 tsp sugar
- 4 wieners, chopped - optional

Fry bacon until crisp, drain, crumble and set aside. Sauté celery and onion in bacon drippings until tender. Drain fat. Add bacon, celery and onion to rest of the soup ingredients and simmer for 30 minutes. Makes 6 generous servings.

Bean and Tomato Chowder

- 1 can (28 oz) tomatoes
- 1 can (28 oz) beans with pork
- 1 package (1⅞ oz) barbecue chip dip mix
- salt and pepper to taste

Combine all ingredients and heat thoroughly over low heat. Makes 4 to 6 servings.

Hot Bean Salad

- 1 can (19 oz) beans with pork
- 1 Tbsp sugar
- ¼ tsp salt
- ¼ tsp pepper
- 4 slices bacon, diced
- 1 medium onion, diced
- 1 tsp flour
- ¼ cup vinegar
- ½ cup chopped celery
- 2 Tbsp fresh parsley - optional

In a saucepan, combine beans, sugar, salt and pepper. Sauté diced bacon until crisp. Drain, reserving fat. Sauté onion in reserved bacon fat until tender. Add flour and vinegar and stir until thickened. Stir bacon bits and onion mixture into beans and simmer until heated through. Stir in parsley and celery and serve. Makes 4 servings.

BEANS - HOME BAKED TO PERFECTION

Those who've tried insist that beans, homebaked to perfection, are worth every effort. The tempting aroma and full-bodied goodness of homebaked beans are possible in a fraction of the time it took grandma. Beans can be presoaked over lunch, baked slowly throughout the afternoon, and served piping hot at supper. Have a pot of beans ready for those spur-of-the-moment get-togethers when friends drop in, week-ends at the cottage, or after a day on the slopes.

"Braised and boiled with garlic, beans were once considered a medicinal cure for colds."

SECRETS BEHIND DRY BEAN COOKERY . . .

1. Always soak beans before cooking

The quick-soak method suggested allows 3 cups of water for each cup of beans. Bring the beans and water to a full boil, and boil rapidly for 2 minutes. Remove the beans from the heat and let stand for one hour. Bring the beans to a boil again, reduce heat, and *simmer gently*, for 30 minutes if the beans are to be cooked or baked further, or 60 minutes if the recipe does not require further cooking.

(This method is preferred to the more traditional overnight soaking. During overnight soaking at room temperature the beans may ferment which causes inferior flavor and makes the beans more difficult to digest.)

2. Oil in the cooking water reduces foaming

Adding one tablespoon of oil for each cup of beans during presoaking will reduce the foaming which occurs in the 2 minutes of rapid boiling.

3. Baking soda should never be added to the cooking water

Baking soda speeds up the cooking time, but it also destroys valuable vitamins. If the beans are soaked as recommended, they will be tender when cooked.

4. Slow cooking makes the difference

For moist and tender beans, slow cooking (3 to 4 hours) at 300° to 325° is recommended.

5. A heavy pot makes the difference

A covered, heavy earthenware or cast iron pot is recommended for moist, evenly cooked baked beans.

6. Beans can be pressure-cooked to save time

After the beans are *presoaked*, they can be cooked under pressure in less than one hour with very acceptable flavor and tenderness.

7. Dry beans keep indefinitely if stored in a tightly covered container in a dry place

8. Baked beans freeze well for up to 5 months

Note: 1 cup raw, dried beans = 2 to 3 cups cooked beans;
1 pound (16 ounces) raw, dried beans = 2¼ to 2½ cups = 6 to 7 cups cooked beans

"It takes about 95 days to grow a white bean; less than one second to eat one."

PRIZE-WINNING RECIPES

In an effort to obtain bean recipes that were typical of Ontario, the Ontario Food Council advertised a bean recipe contest. More than 350 homemakers sent in their family's favorite. After strenuous testing and tasting, a panel of judges rated the following recipes (marked with an *) to be the best of the entries.

Old Fashioned Baked Beans*

- 2 cups dry white beans
- 6 cups water
- 1 envelope (1½ oz) dried onion soup mix
- ⅓ cup table molasses
- 2 Tbsp prepared mustard
- 2 Tbsp brown sugar
- ¼ lb salt pork
- boiling water

Bring beans and water to a boil in a covered saucepan. Boil 2 minutes. Remove from heat and let stand, covered for 1 hour. Return to boil; reduce heat and simmer, covered for 40 minutes.

Drain beans, reserving 1½ cups liquid. Combine beans, bean liquid, onion soup mix, molasses, mustard and brown sugar in a 2-quart casserole or bean pot. Make cuts in salt pork at ½-inch intervals. Place in center of beans. Bake, covered, at 300° for 4 hours, stirring every hour. If beans become dry during baking, add boiling water to moisten. Makes 6 servings.

Chili Beans*

- 1 cup dry white beans
- 3 cups water
- 1 lb ground beef
- ½ cup chopped onion
- 1 cup tomato juice *or* canned tomatoes
- 1 cup chili sauce
- 1 to 2 Tbsp chili powder (to taste)
- 1 tsp salt
- 1 small bay leaf
- 4 whole cloves
- ⅛ tsp pepper

Bring beans and water to a boil in a covered saucepan. Boil 2 minutes. Remove from heat and let stand, covered, for 1 hour. Return to boil; reduce heat and simmer, covered, for 1 hour. Drain beans, reserving liquid.

Brown beef and onion, stirring constantly; add beans. Cook over low heat, stirring constantly, for 5 minutes. Add remaining ingredients. Simmer, covered 15 to 20 minutes. If necessary, add additional tomato juice, canned tomatoes or reserved bean liquid to give desired consistency. Makes 4 servings.

White Bean Fiesta Salad*

- 1 lb (2¼ to 2⅓ cups) dry white beans
- 7 cups water
- 1¼ cups diagonally sliced celery
- ½ cup chopped onion
- ½ cup chopped green pepper
- ½ cup commercial oil and vinegar dressing
- ½ cup vinegar
- ½ cup white sugar
- 1 tsp dry mustard
- ½ tsp garlic salt
- ¼ tsp paprika
- ½ tsp salt
- 2 pimientos, thinly sliced

Bring beans and water to boil in a covered saucepan. Boil 2 minutes. Remove from heat and let stand, covered, for 1 hour. Return to boil; reduce heat and simmer, covered, for 1 hour. Drain. Combine remaining ingredients. Add beans. Refrigerate for at least 4 hours or overnight. Keeps well in refrigerator for up to 1 week. Makes 10 servings.

White Bean Mustard Relish*

- 2 cups dry white beans
- 6 cups water
- 3 Tbsp flour
- ¼ cup dry mustard
- ¾ tsp powdered turmeric
- ½ tsp celery seed
- ⅛ tsp curry powder
- ½ tsp salt
- 1½ cups cider vinegar
- 1½ cups brown sugar

Bring beans and water to a boil in a covered saucepan. Boil 2 minutes. Remove from heat and let stand, covered for 1 hour. Return to boil; reduce heat and simmer, covered, for 1 hour. Drain. Make a paste of flour, mustard, turmeric, celery seed, curry powder, salt and ½ cup of the vinegar. Mix remaining vinegar and brown sugar; heat to boiling. Slowly stir spice paste into vinegar-brown sugar mixture and cook until smooth and thick, stirring constantly. Add drained beans to the hot sauce. Simmer for 10 minutes. Remove from heat and seal in sterile jars. Makes 2 to 3 pints.

Ontario Maple Syrup-Rum Baked Beans

- 1 lb (about 2¼ cups) dry white beans
- 6 cups water
- 6 slices bacon, cut in 2-inch pieces
- ½ large onion, chopped
- ½ tsp dry mustard
- 1½ tsp salt
- ½ cup maple syrup
- ⅓ cup dark rum
- 2½ cups bean liquid
- 2 Tbsp brown sugar
- 2 Tbsp butter

Bring beans and water to a boil in a covered saucepan; boil 2 minutes. Remove from heat, and let stand, covered, for 1 hour. Return to boil; reduce heat and simmer, covered, for 40 minutes. Drain, reserving liquid.

Place half of bacon in bean pot. Add beans. Mix onion, mustard, salt, maple syrup, rum and 2 cups reserved liquid; pour over beans. Top with remaining bacon. Add remaining ½ cup bean liquid in last hour of baking if necessary. Bake covered 4 hours at 325°. After 3 hours of baking, sprinkle beans with creamed brown sugar-butter mixture and continue baking uncovered for last hour.

Makes 4 to 6 servings.

Baked Yellow-Eyed Beans

- 2 cups yellow-eyed beans
- 6 cups cold water
- ¼ lb salt pork, cubed
- ½ tsp dry mustard
- ½ tsp pepper
- 1½ tsp salt
- 2 Tbsp catsup
- 1½ cups bean liquid
- ¼ cup molasses
- ¼ cup brown sugar

Combine beans and water. Bring to a full, rolling boil and boil for 2 minutes. Set aside for 1 hour. Return beans to a boil, reduce heat and simmer, covered, for 1 hour. Drain, reserving 1½ cups liquid. Pour beans into 2-quart bean pot and stir in pork. Combine remaining ingredients and pour over beans. Bake, covered, 4 hours at 300°. Uncover for the last 30 minutes. Add more bean liquid, if necessary.

Hearty Meatball Bean Soup*

Meatballs

1½ lb ground beef

1 tsp salt

¼ cup grated onion

OR

2 Tbsp dried onion, moistened

¼ cup dry bread crumbs

1 egg, lightly beaten

¼ cup tomato juice

¼ tsp each black pepper, marjoram,
sweet basil, garlic powder

Combine all ingredients and shape into bite-size meatballs.

Soup

1 cup dry white pea beans

5 cups water

1 tsp salt

1 clove garlic, finely chopped

½ cup each diced celery, grated cabbage,
diced rutabaga, diced carrot

2 medium onions, thinly sliced

4 cups beef broth or beef bouillon

1 can (28 oz) tomatoes

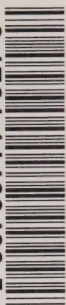
1 bay leaf

1 cup broken spaghetti *or* small macaroni

Bring beans and water to a boil in a large covered saucepan. Boil 2 minutes. Remove from heat and let stand, covered for 1 hour. Add salt. Return to boil; reduce heat and simmer, covered, for 30 minutes. Do not drain.

Brown meatballs, but do not overcook; remove from pan. Drain fat from pan, reserving 2 tablespoons. Stir-fry vegetables and garlic in reserved fat for 5 to 10 minutes or until golden. Add vegetables, garlic, broth, tomatoes and bay leaf to beans and liquid. Cover and simmer 1 hour, stirring occasionally. Add spaghetti and meatballs to soup; simmer an additional 30 minutes. Serve with shredded Cheddar cheese and crusty French bread. Makes 10 servings.

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